



体力活动与心理健康

Physical Activity and Mental Health

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中文摘要:

《2008美国体力活动指南》对体力活动与心理健康间的关系进行了综述。该综述指出, 体力活动对某些心理疾病具有防治作用。定期进行中等到大强度的体力活动可以有效地预防抑郁症和老年痴呆症的发生, 及因老龄化引起的认知功能的下降; 另外, 还可以减轻焦虑症状、改善睡眠质量、降低疲劳感、减少痛苦感和提升幸福感。并且, 该综述对体力活动影响心理健康的机制进行了论述, 指出了目前的研究中存在的不足, 并预测了未来的研究方向。

英文摘要:

"Physical Activity Guidelines Advisory Committee Report, 2008" summarizes the association between physical activity and mental health. It points out that physical ctivity has the role in preventing and treating some mental diseases. Regular physical activity of moderate to high intensity can effectively prevent depression, dementia and the decrease of cognitive function due to seniority. Besides, it may alleviate anxiety, better the quality of sleep, reduce fatigue, relieve the feeling of pain and upgrade the feeling of happiness. The Guidelines also elaborate on the mechanism of physical ctivity affecting mental health, point out the existing problems in the present esearches and predict the future research directions.

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